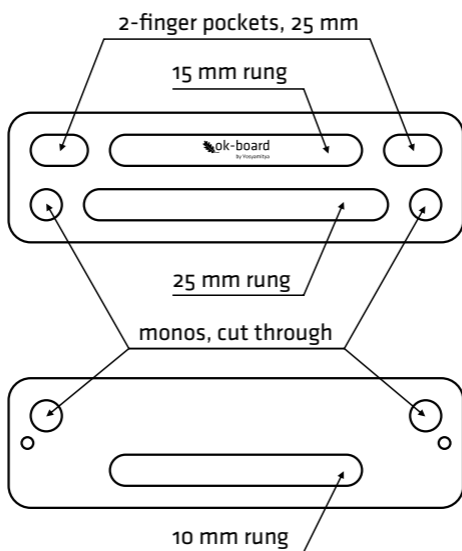


1. Holds

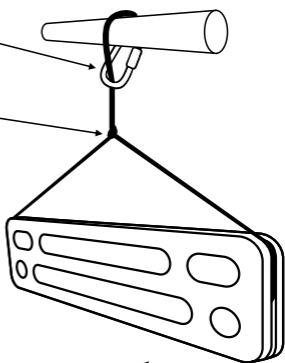


2. Positioning

Ok-board can be hung on a bar, bolt, branch or other objects strong enough to support your weight. Carabiner can be used for easier set up. Ok-board can be hung at 3 tilt angles. In order to adjust angle tie the knot close to the board.

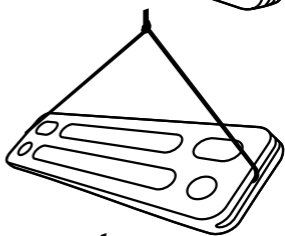
1. VERTICAL POSITION

Rope in grooves



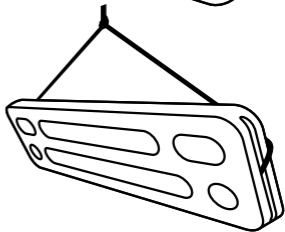
2. LAYBACK POSITION

Rope in front of the board

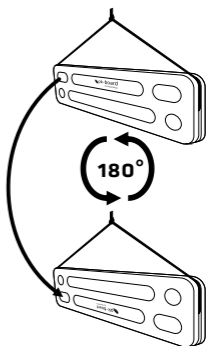


3. OVERHANG POSITION

Rope behind the board



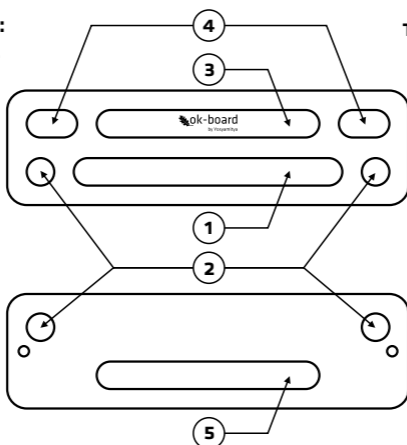
Ok-board is designed for hangs on the lower row of holds (except pinch grips). If your holds are in the upper row - rotate the board.



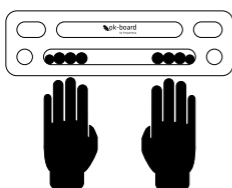
3. Workout*

POSITION:
VERTICAL

TOTAL TIME:
25 MIN



WARNING: Hangboarding requires proper warm up before exercising. Hangboarding carries risk of injury to fingers, arms and shoulders. Not recommended for beginners and children. Use chalk to avoid slipping off the hangboard and fall. Train in a safe place right above the ground. Be ready to land on your feet. Current workout is only a recommendation for intermediate level climbers. You may keep feet on the ground if hang is too difficult. Listen to your body and avoid painful feelings.



1. HALFCRIMP

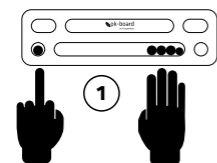
POSITION: 4 fingers on rung (1),
2nd joints bent at 90°

HANG: 15 sec

OFF: 40 sec

REPS: 5

REST: 2 min before next exercise



2. MONO+HALFCRIMP

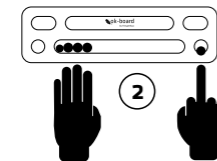
POSITION: 4 fingers on rung (1) with
2nd joints bent at 90°,
1 finger on mono (2)

HANG: 10 sec on each side

OFF: 40 sec

REPS: 5

REST: 2 min before next exercise



3. OPEN GRIP

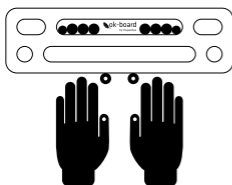
POSITION: 3 fingers on rung (1),
2nd joints are straight

HANG: 10 sec

OFF: 40 sec

REPS: 5

REST: 2 min before next exercise



4. PINCH

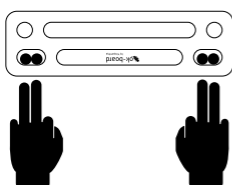
POSITION: 4 fingers on rung (3),
thumbs under rung (1)

HANG: 7 sec

OFF: 40 sec

REPS: 5

REST: 2 min before next exercise



5. 2-FINGER OPEN GRIP

POSITION: 2 fingers on pockets (4),
2nd joints are straight

HANG: 7 sec

OFF: 40 sec

REPS: 5

*Workout developed by international coach M. Shalagin